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Court battle for civil equality

Gay marriage fight reaches key stage at U.S. federal appeals court **PAGE 13**

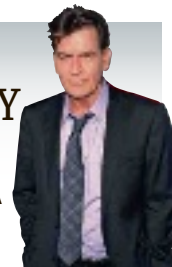
Fight to keep Hawks in flight

Ottawa SkyHawks owner says team unjustly booted from league **PAGE 3**



A LOOSE-LIPPED PILOT & A MANDATORY ENGAGEMENT RING?

IT'S TOUGH TIMES FOR TRAVOLTA AND SHEEN, ACCORDING TO METRO DISH **PAGE 19**



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Protesters call for end to Hamas

Israel-Palestine conflict. Demonstrators at pro-Israel rally voice support for Palestinian civilians

JOE LOFARO
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More than a hundred people rallied in downtown Ottawa Wednesday to support Israel in the ongoing conflict in Gaza, but also to show their empathy for the civilian deaths in Palestine.

"I'm here today to stand up for Israel. I'm very upset with Hamas," said Debbie Jodin, who joined several dozen other demonstrators at the Human Rights Monument on Elgin Street. "I pray that the people of Palestine will wake up to this and get Hamas out of Palestine and Gaza."

Members of the group waved placards, sang traditional Jewish songs, and chanted "Israel wants peace" as they made their way to Parliament Hill.

Jodin and others said they



A pro-Israel rally makes its way down Elgin Street toward Parliament Hill Wednesday. JOE LOFARO/METRO

are behind the people of Palestine as well.

"We're against Hamas. Hamas has to stop. They're a

terrorist organization," said Jodin. "We want to show the Palestinians that we're here to support them."

Wednesday's rally came as Israel and Hamas entered the second day of a ceasefire as the two sides began indirect talks

for a possible border deal in the Gaza Strip.

Palestinian officials say most of the more than 1,800

deaths that have been reported since the Israeli campaign began on July 8 are civilian. The figures are similar to those reported by the UN.

Fred Litwin, of the Ottawa Zionist Council, said he doesn't trust the UN in calculating civilian deaths, but said he still supports the people of Palestine.

"I'm horrified by any civilian who dies," said Litwin. "If Hamas would not be firing rockets into Israel, there would not have been a war. They started it by kidnapping and killing three teenagers from Israel."

The rally was mostly peaceful, except for a minor scuffle between a pro-Israel woman and a man who began singing an Islamic prayer call.

"That lady did try to hit me, but I forgive her. It's OK," said the man, who identified himself as Soloman Mohamad, 23.

RCMP officers escorted him away from the group and asked him to leave the area, which he eventually did.

"I don't mean to cause a disturbance, but I need to cause distress in their mind so that they go and look for the truth," he told reporters. "Through disturbance they will go and look for the truth."

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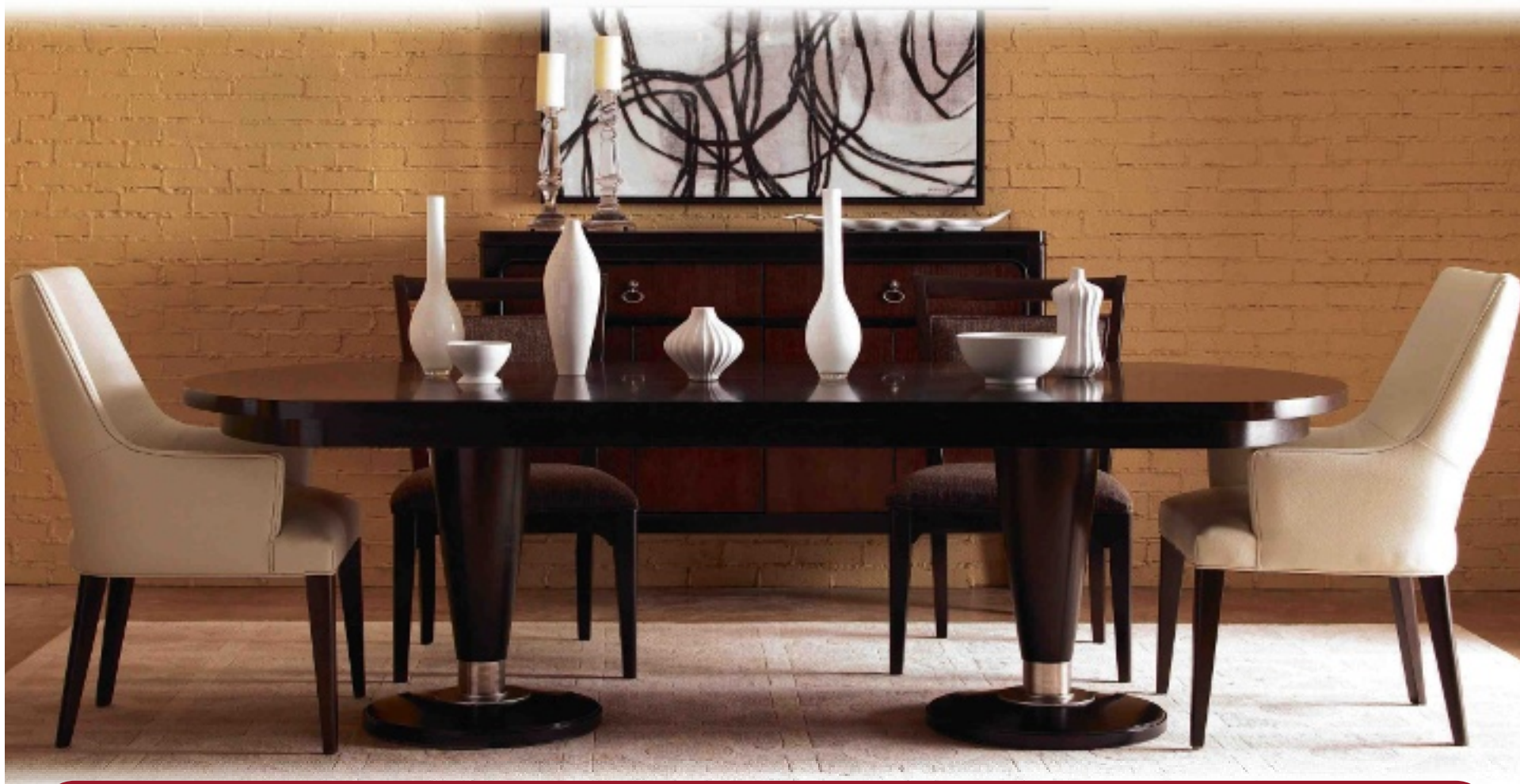
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Ottawa SkyHawks' owner fighting to keep team alive

Basketball. 'We are ready to play': Takkale



TREVOR GREENWAY
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The owner of the Ottawa SkyHawks says his basketball team was unjustly booted out of the National Basketball League and disputes their claim that he owes them \$75,000.

Gus Takkale, President and co-founder of Bytown Sports & Entertainment says the NBL never lent his team any money, but admitted that other teams gave him a "partial advance" to finish the season. But he says the terms of the loan were never finalized and the league revoked his franchise without the proper authority.

"The league does not have the legal authority to revoke the franchise as a result of a partial advance from fellow board members," Takkale told Metro a week after the league's

board of governors voted unanimously, 8-0, to remove the SkyHawks' ownership from the league.

NBL commissioner Paul Riley told Metro the SkyHawks do owe \$75,000 to the league and says deadlines to pay the money back were never met. He also said the SkyHawks were not able to secure a venue for the upcoming season, nor could they prove that they had the financial backing to enter into a second season.

With the season approaching Nov. 1, the league had no choice but to cut the team from next year's play, he said.

"The (venues) that he was interested in, he just couldn't afford," said Riley.

Takkale says he had secured a venue and the league was informed, but he wouldn't disclose the location.

"We have secured the venue, we have the financial resources moving forward and we are ready to play. We are getting ready for our season," said Takkale.



Bytown Sports and Entertainment Inc. president Gus Takkale, seen in this file photo taken last year, speaks to reporters at Algonquin College after announcing the Ottawa SkyHawks name. JOE LOFARO/METRO

Farmers sue city and fire department



David Nixon, right, and a fire investigator watch as a second barn burns out. MIKE CARROCCETTO/METRO

Ottawa Fire Services and the City of Ottawa are facing a \$1.5 million lawsuit from local beef farmers, who lost one barn to a blaze on March 22 and then a second barn after the fire reignited the next day.

A statement of claim filed July 28 on behalf of the Judy and David Nixon says the fire service had a responsibility to make sure the

conflagration didn't spark up again.

The statement of claim, which contains allegations that have not been proven in court, contends that, while firefighters were on scene, a fire chief in attendance as the first fire was being fought told the family that crews would stay on site for 24 hours to make sure the fire did not reoccur.

But the claim alleges that's not what happened.

It says fire crews left the property at 6255 Prince of Wales Dr. at 8 a.m. on March 23 and the fire started back up at noon, destroying a second barn.

The claim says crews were called to the farm at 9:30 p.m. March 22.

"The defendants ... were negligent in their duty of

care owed to the plaintiffs," the claim alleges.

It says the family did not have insurance on the second building and as a result of the fire they lost farm equipment and livestock and haven't been able to operate the farm in the same way they did before the blaze. No statement of defence has been filed in the case. SEAN MCKIBBON/METRO

1 NEWS



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Charles the Butler. The right way to do tea (and auto) service

It's only natural for etiquette expert Charles "the Butler" MacPherson to correct a "traditional" mistake staff made at Fairmont Chateau Laurier while serving him and guests afternoon tea Wednesday.

The dessert was placed on the top of a three-tier food stand instead of on the bottom, where the scones were. To the untrained eye, it's a non-issue.

But for Metro columnist MacPherson, a regular on The Marilyn Denis Show, it's a common faux pas.

MacPherson is in Ottawa this week to offer a one-day customer service training session to about 100 Ford Motor Co. of Canada employees.

The partnership may seem unusual, but MacPherson said butlers and customer service reps both share a fundamental goal — to offer the most comfortable consumer experience possible.

"Whether you're serving food or whether you're presenting someone a proposal on a repair in the car, you still have to be able to do it in the same way (by) making sure that you're at ease, that we're listening to you, that you're able to speak your thoughts," said MacPherson.

"If it is a positive experience, the customer will want to come back."

JOE LOFARO/METRO



Charles "the Butler" MacPherson.
JOE LOFARO/METRO

Etiquette tips from Charles

- At dinner, fold the napkin in half with the open end facing you and use the inside to wipe your mouth.
- Making a toast to the Queen? Don't clink your glass! It's disrespectful.
- When serving a food stand at afternoon tea, scones should be on top and the sandwiches should be in the middle. Since dessert is last, it should be on the bottom tier.
- Pour milk in your cup after pouring the tea.
- Pinkies are in: Keep that wandering finger in line with the others while sipping tea.



Cedrick Lui takes on mental illness in his first-ever comic book, *Son of God*. TREVOR GREENWAY/METRO

Local indie comic takes on mental health issues

Son of God. Despite title, book isn't religious; author aims to show reality of conditions like schizophrenia



TREVOR GREENWAY
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A man with paranoid schizophrenia walks the streets alone, thinking he's the Son of God.

He's out to save mankind,

but the world quickly turns on him — or his mind does.

That's the subject of a new comic book being released by an independent Ottawa writer where mental illness replaces the "POWs" and "BAMs" of typical superhero comic books.

Cedrick Lui created *Son of God* after working with patients with mental illness in Ottawa and seeing the many troubles they go through on a day-to-day basis.

"It's a dramatized look at schizophrenia," said Lui, who studied psychology and social

work in university.

The striking book, designed by C.H. Kim, is a terrifying glimpse into mental illness and society.

"So there are these delusions of grandeur at the beginning and it spirals down to this paranoia. It plays on hallucination."

The book is centred around main character Armand and a generic goddess who guides him. It's not a religious book, says Lui, but he wanted to use religion and higher power to convey Armand's vision of grandeur

— similar to a person having a psychotic episode.

The book also criticizes society in general — namely impurity, dormancy, jealousy and conceit.

Lui admitted he wasn't really into comic books growing up, but as soon as he picked up *Origin*, the story of Wolverine, he was "hooked."

So he spent about two months writing *Son of God* and is now publishing his first-ever comic book.

Lui is officially launching the book at the Comic Book Shoppe this Saturday.

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Syria

Militant fighters leave town days after capturing it

Some Syrian militant fighters have started withdrawing from the Lebanese town they captured five days earlier as a new 24-hour ceasefire was announced Wednesday, according to the Lebanese army and the Muslim clerics that mediated the deal.

It is not clear how many militants are actually leaving the border town of Aarsal and previous ceasefires have collapsed, but three more captured Lebanese soldiers were released as part of the agreement, according to the mediators in a televised press conference.

"Most of the gunmen have begun moving toward Syria," said Sheik Hussam al-Ghali, a member of the Association of Muslim Scholars. **THE ASSOCIATED PRESS**

Afghanistan

Afghan soldier who shot U.S. general hid in bathroom

The Afghan soldier who killed a U.S. two-star general and wounded 15 other people hid in a bathroom with a NATO assault rifle, then opened fire when a group of officers from international forces passed by, an Afghan military official said Wednesday.

As U.S. and Afghan officials investigated the attack Tuesday that killed Maj. Gen. Harold J. Greene, the highest-ranked U.S. officer to be slain in combat since 1970 in the Vietnam War, authorities reported two other attacks the same day.

In the deadliest of the attacks, an Afghan police officer killed seven of his colleagues at a checkpoint, then stole their weapons and fled in a police car late Tuesday. **THE ASSOCIATED PRESS**

Baghdad car bomb attacks kill at least 50

Iraq. Densely populated Shiite neighbourhood targeted

A string of car bombs tore through busy shopping streets in several Baghdad neighbourhoods Wednesday night killing 51 people as the army announced one of its airstrikes killed 60 militants in the northern city of Mosul.

Baghdad police said the first attack was a pair of car bombs that exploded in the densely populated Shiite neighbourhood of Sadr City, killing 31 people, followed by another bomb in the nearby area of Ur that claimed another 11 lives.

Nine more people were killed southeast of the city by

two more car bombs.

Baghdad has been on edge since Sunni militants led by the radical Islamic State group conquered large swaths of the country's north, including the second-largest city of Mosul. While the fighters have stopped short of advancing on the capital, there has been a steady campaign of car bombs in the city.

The attack came as state-run television announced a rare government victory with an airstrike against a key building in Mosul that killed some 60 suspected militants.

The report, which cited unnamed intelligence officials, could not be independently verified, nor did it say whether any civilians had been killed in the strike on the northern city of Mosul.

THE ASSOCIATED PRESS



SUCI burns leaders' effigies

Activists with Socialist Unity Centre of India (SUCI) burn effigies of Israeli Prime Minister Benjamin Netanyahu, left, and U.S. President Barack Obama during a protest against Israel's attack on Gaza in Kolkata, India, on Wednesday. **BIKAS DAS/THE ASSOCIATED PRESS**

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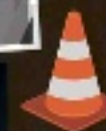
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Russia

Russia, Canada trade sanctions over Ukraine

Canada on Wednesday slapped fresh sanctions and travel bans on several top Russian and Ukrainian politicians and groups with ties to President Vladimir Putin's government, as Moscow responded with tit-for-tat sanctions of its own.

Canada's latest round of sanctions, imposed in co-ordination with the U.S. and EU, came amid reports Russia is massing troops along the Ukrainian border.

But Putin quickly retaliated, ordering state authorities to come up with a list of agricultural products from countries that have imposed sanctions on Russia. Those imports will be banned or restricted for up to a year. **THE CANADIAN PRESS**

Italy

Concordia captain called 'unworthy' as safety lecturer

A Rome university professor is facing a disciplinary hearing after inviting the captain of the shipwrecked Costa Concordia cruise liner to lecture students on emergency procedures.

The dean of Rome's Sapienza University, Luigi Frati, voiced anger Wednesday at the professor's decision to invite Capt. Francesco Schettino to give a seminar, calling it an "inappropriate and unworthy choice."

The university dismissed the "pathetic excuses" offered by the professor, Vincenzo Mastronardi, when confronted by the dean.

Schettino is being tried for manslaughter and other crimes over the 2012 capsizing of the Concordia, in which 32 people died.

THE ASSOCIATED PRESS

Kenya. Man who offered goats and cows for Chelsea Clinton killed by elephant

The editor of a weekly magazine says a Kenyan man who once offered former U.S. president Bill Clinton 40 goats and 20 cows for his daughter Chelsea's hand in marriage has been killed by an elephant.

Dorothy Jebet, editor of the Kass Weekly, said Wednesday journalist Godwin Chepkurgor



Messages of peace and hope in Hiroshima

A girl prepares to release paper lanterns bearing messages of peace in the Motoyasu River near the Atomic Bomb Dome in Hiroshima, Japan, on Wednesday, as Japan marked the 69th anniversary of the atomic bombing of the city. **KYODO NEWS/THE ASSOCIATED PRESS**

Experimental Ebola drug sparks debate

'The responsible thing to do.' Ethical questions raised amid deadly outbreak about who gets access to treatment

The use of an experimental drug to treat two Americans diagnosed with Ebola is raising ethical questions about who gets first access to unproven new therapies for the deadly disease. But some health experts fear debate over extremely limited doses will distract from tried-and-true measures to curb the growing outbreak — like more rapidly identifying and isolating the sick.

A shot in the dark

Scientists stress there's no way to tell if the experimental drug ZMapp really made a difference for two U.S. aid workers infected in Liberia.

- "We don't even know if it works," stressed Dr. Anthony Fauci of the National Institutes of Health.

The World Health Organization is convening a meeting of medical ethicists next week to examine what it calls "the responsible thing to do" about whatever supplies eventually may become available of a medicine that's never been tested on people.

At least one country involved in the outbreak is interested in the drug: Nigeria's health minister said at a news conference that he had asked U.S. officials about access.

There is no proven treatment or vaccine for Ebola, which so far has infected more than 1,700 and killed more than 930 in West Africa.

"How many times have we found magic therapies that ended up ... doing more harm than good?" cautioned University of Minnesota professor Michael Osterholm, who advises the U.S. government on infectious disease threats.

"Vaccine and drug treatment right now is not going to be the main way you bring this to a stop," he added.

THE ASSOCIATED PRESS

South Africa. Brother of Oscar Pistorius still in ICU after highway collision

Oscar Pistorius's older brother Carl remains in an intensive care unit in a South African hospital and is on a ventilator after a serious car crash last week.

The Pistorius family said in a statement Wednesday that Carl Pistorius was still in ICU in Pretoria "due to the serious nature of the injuries sustained

in the accident," and said he was "showing signs of improvement." Carl reportedly sustained multiple fractures Friday in a head-on highway collision.

Oscar Pistorius is due to return to a Pretoria courthouse on Thursday for the start of final arguments in his murder trial. **THE ASSOCIATED PRESS**

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Mine operator ordered to plug tailings pond breach in B.C. lakes

Likely, B.C. President of Imperial Metals apologized to residents living downstream from the toxic flood

British Columbia's Environment Ministry has ordered the operator of a mine in the province's central Interior to immediately stop the further release of toxic materials into nearby waterways after a tailings pond burst on Monday.

The government order says Mount Polley Mining Corp. must also undergo an environmental impact assessment and submit a clean-up plan by today, as well as hand over a more detailed plan by Aug. 15.

The company has also been ordered to submit a written summary of the steps it will take to stop the release of mine



An aerial view shows debris going into Quesnel Lake, caused by a tailings pond breach near Likely, B.C.
JONATHAN HAYWARD/THE CANADIAN PRESS

tailings by next Wednesday, and report on a weekly basis how it will implement its clean-up plan.

The president of Imperial Metals apologized to about 200 residents of Likely, B.C., who are living downstream from a toxic flood from one of the company's gold and copper mines in

the British Columbia Interior.

"If you had asked me two weeks ago if that could happen, I would have said it couldn't happen, so I know that for our company it's going to take a long time to earn the community's trust back," Brian Kynoch said.

The breach released 10 million cubic metres of water and 4.5 million cubic metres of toxic silt into Polley Lake and Quesnel Lake.

A ban remains in place on all consumption or recreational use of the Quesnel and Cariboo river systems from the spill site to the Fraser River.

The regional district declared a state of local emergency early Wednesday, which will allow access to additional resources that may be needed to further protect the private property and government infrastructure in Likely.

THE CANADIAN PRESS



Moms bare stretch marks at Edmonton rally

Tanis Jex-Blake, centre, takes part in a bikini protest along with supporters in Edmonton on Wednesday. Jex-Blake, a mother of five, says she was tanning on a beach west of the city last week when three young people pointed at her stomach and called her — quote — "nasty" and "gross." She later posted an open letter on Facebook describing how she's proud of her scars, not ashamed. Her story has made news in several countries and other women have been proudly sending her photos of their imperfect bellies. Some moms at the Edmonton rally say they decided to show up wearing two-piece swimsuits for the first time in years.

JASON FRANSON/THE CANADIAN PRESS

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Effective immediately. Redford resigns legislature seat amid expense scandal

Alberta Premier Dave Hancock on Wednesday called for the RCMP to review the use of provincial aircraft after his predecessor Alison Redford resigned her legislature seat amid a festering controversy over her travel expenses.

The developments came ahead of the release of the provincial auditor general's report into government travel slated for Thursday.

In a letter published in the Edmonton Journal and Calgary Herald, Redford acknowledged she made mistakes before quitting as premier last spring to sit as a Progressive Conservative backbencher. She said her resignation as a member of the legislature for Calgary-Elbow was effective immediately.

Hancock said there is material in the auditor's review that police should look at.

"The report identifies a number of areas of concern and I think in the interests of completeness and in the interests of the public being fully satisfied that everything appropriate has been done, that it's appropriate to ask that certain issues in the report be investigated," he said Wednesday in a teleconference with reporters.



Former Alberta premier Alison Redford
JEFF MCINTOSH/THE CANADIAN PRESS

Hancock refused to discuss details of the auditor's findings before they are released publicly. But last week, the CBC reported that a leaked copy found that passenger lists on government aircraft were altered so that then-premier Redford could fly alone.

An RCMP spokeswoman said she was limited in what she could say about Hancock's request. Sgt. Josee Valiquette said she didn't believe the Mounties had received an official request yet. She was unable to say what the procedure would be under these particular circumstances.

THE CANADIAN PRESS

Brampton, Ont.

Council calls for police probe

Police should investigate audit findings that the mayor of Brampton, Ont., broke expense rules more than 250 times, including on business-class flights, premium hotel rooms and cellphone IQ quizzes, the city's council voted Wednesday. The audit of several years' worth of expenses turned up \$172,608 in spending that breached city policies, although \$41,027 was repaid. THE CANADIAN PRESS

Lac-Mégantic

Railroad responsible for derailment sells locomotives

Dozens of locomotives once owned by the railroad responsible for last year's derailment in Lac-Mégantic have been sold at an auction in Maine. Auctioneer Adam Jokisch says 35 locomotives sold for anywhere from \$10,000 to \$15,000 to upward of \$200,000 apiece. All but seven locomotives were owned by Montreal, Maine & Atlantic Railways.

THE CANADIAN PRESS

Tensions rise in Ukraine as Russian army lines border



A local woman collects fragments of a shell, the result of night shelling on a market in Donetsk, eastern Ukraine, Wednesday. SERGEI GRITS/THE ASSOCIATED PRESS

'It's a threat, it's a possibility'. Putin showing signs of fighting back against sanctions from the West

The steadily advancing Ukrainian army is setting its sights on the largest rebel-held city in eastern Ukraine, while Western officials on Wednesday warned that a Russian military buildup on Ukraine's border could herald a major incursion to protect the separatists.

President Vladimir Putin has resisted mounting pressure from Russian nationalists to send the army in to back the mutiny in eastern Ukraine. Even though the U.S. and NATO would be unlikely to respond militarily, the West would be certain to impose major sanctions that would put the shaky Russian economy on its knees — and could quickly erode Putin's power.

Russia already is showing signs of economic dismay from sanctions imposed earlier this year, but Putin on Wednesday showed Moscow aims to fight back, calling on government

Pro-Russian separatists

U.S. and NATO officials say there are now about 20,000 Russian troops massed just east of Ukraine.

- Pro-Russian separatists in eastern Ukraine have been fighting the Kyiv government since April. Ukraine and Western countries have accused Moscow of backing the mutiny with weapons and soldiers, a claim the Russian government has repeatedly denied.

agencies to develop a list of agricultural imports from sanctions-imposing countries that could be banned for up to a year.

"When you see the buildup of Russian troops and the sophistication of those troops, the training of those troops, the heavy military equipment that's being put along that border, of course it's a reality. It's a threat, it's a possibility — absolutely," U.S. Defence Secretary Chuck Hagel said Wednesday.

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Space probe catches comet after 10-year chase

Rendezvous with a comet. They found each other somewhere between the orbits of Mars and Jupiter

Turning what seemed like a science-fiction tale into reality, an unmanned probe swung alongside a comet on

Wednesday after a 6.4-billion kilometre chase through outer space over the course of a decade.

Europe's Rosetta probe will orbit and study the giant lump of dust and ice as it hurtles toward the sun and, if all goes according to plan, drop a lander onto the comet in the coming months.

Rosetta turned up as planned for its rendezvous

with comet 67P/Churyumov-Gerasimenko somewhere between the orbits of Mars and Jupiter.

The incredible trip, launched on March 2, 2004, marks a milestone in mankind's effort to understand the mysterious "shooting stars" that periodically flash past Earth, and which have often been viewed with fear and trepidation.

While the moon, Mars and even asteroids have been visited, no spacecraft has yet gotten so close to a comet. Having achieved this feat, Rosetta will go one step further and drop a lander on 67P's icy surface — a manoeuvre planned for November.

"You can compare what we've done so far to finding a speck of dust in a big city,"

said Gerhard Schwehm, who was lead scientist on the Rosetta mission until his recent retirement.

That's probably an understatement.

To catch their quarry, scientists at the European Space Agency had to overcome a series of hurdles that included a last-minute change of destination — after a carrier rocket fail-

ure delayed launch — and a tense hibernation period of 31 months during which the probe was out of contact with ground stations.

Before Rosetta swung alongside 67P with a final thrust Wednesday, the spacecraft also had to accelerate to 55,000 k.p.h. — a speed that required three loops around Earth and one around Mars.

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Houston airport

Contract worker dies after fall

A contract worker has died after falling about 45 feet from an elevated rail track at George Bush Intercontinental Airport in Houston.

Houston police say the accident happened Tuesday night as the worker checked the tracks.

Airport spokesman David Hebert on Wednesday said the Bombardier Transportation worker was walking along the line when he fell and that he likely lost his footing.

THE ASSOCIATED PRESS

Checkpoint

Woman sneaks onto plane after 3 attempts

Federal law enforcement officials say a woman tried at least three times to breach airport security before she was able to get through a checkpoint without a boarding pass.

The officials said Wednesday that Marilyn Hartman bypassed an agent who was screening boarding passes by sneaking through with a family at Mineta San Jose International Airport on Monday.

THE ASSOCIATED PRESS

Michael Worthington. Missouri man put to death for rape, murder

A Missouri man was put to death Wednesday for raping and killing a college student in 1995, making him the first U.S. prisoner executed since a lethal injection in Arizona last month in which an inmate took nearly two hours to die.

The Missouri Department of Corrections said Michael Worthington was executed by lethal injection at the state prison south of St. Louis and was pronounced dead at 12:11 a.m., 10 minutes after the process began. He is the seventh Missouri inmate executed this year.

Worthington had been sentenced to death for the attack on 24-year-old Melinda "Mindy" Griffin during a burglary of her Lake St. Louis condominium.

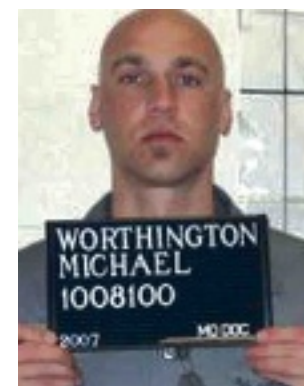
Before the execution began, while strapped to a gurney and covered with a sheet, Worthington spoke with his witnesses — some of them his relatives — through the glass, raising his shaved head.

When the drugs began flowing, his head lowered back

to the pillow and he appeared to breathe heavily for about 15 seconds before closing his eyes for good. Some of his witnesses began crying after he fell unconscious. A Bible had been placed on his chest at his request.

The U.S. Supreme Court and Missouri Gov. Jay Nixon had declined on Tuesday to block the execution.

THE ASSOCIATED PRESS



Michael Worthington
MISSOURI DEPARTMENT OF CORRECTIONS/
THE ASSOCIATED PRESS FILE



Driver charged in bus crash

Two double-decker tour buses sit at the corner of 47th Street and 7th Avenue in Times Square after colliding Tuesday in New York. Fire department officials said that 14 people were injured but none of the injuries were believed to be life-threatening. The NYPD charged William Dalambert, of Irvington, N.J., with driving while ability impaired.

JULIE JACOBSON/THE ASSOCIATED PRESS

Colorado museum

Exhibit features iPads on tortoises

Online petitioners are calling on the Aspen Art Museum to cancel an upcoming exhibit by a Chinese-born artist featuring three tortoises with iPads mounted on their backs.

The exhibit by Cai Guo-Qiang called Moving Ghost Town is set to open Saturday as part of the public

grand opening of the new \$45-million-US museum in Colorado. The African Sulcata tortoises will roam on grass on the museum's roof deck garden.

Each will have two iPads showing video of three area ghost towns, which the museum says were filmed by the animals.

The petition calls the exhibit animal abuse and asks that the animals be given to a sanctuary.

THE ASSOCIATED PRESS

Fast & Furious crash

Two men admit stealing car parts

Two men have pleaded no contest to stealing part of the Porsche in which Fast & Furious actor Paul Walker died.

Los Angeles County prosecutors said Wednesday that 26-year-old Anthony Janow and 18-year-old Jameson Witty each pleaded no contest to grand theft,

destroying evidence and obstructing a peace officer. The judge suggested each would face about six months in jail.

Walker and driver Roger Rodas died Nov. 30 when their Porsche Carrera GT crashed in the Los Angeles suburb of Santa Clarita.

Prosecutors say Janow and Witty stole a roof panel from the car while a tow truck was stopped at a red light.

THE ASSOCIATED PRESS

Gay marriage fight reaches key stage

Court battle. Experts say U.S. 6th Circuit Court could deliver the first victory to gay marriage opponents

A U.S. federal appeals court is set to hear arguments in six gay marriage fights from four states — Kentucky, Michigan, Ohio and Tennessee — in the biggest such session on the issue so far.

Three judges of the 6th U.S. Circuit Court of Appeals in Cincinnati will consider arguments that pit states' rights and traditional, conservative values against what plaintiffs' attorneys say is a fundamental right to marry.

Michigan's and Kentucky's cases stem from rulings striking down gay marriage bans. Ohio's case deals only with the state's recognition of out-of-state gay marriages, while Tennessee's is narrowly focused on the rights of three same-sex

couples.

Since the U.S. Supreme Court struck down part of the federal Defence of Marriage Act last year, gay marriage advocates have won more than 20 victories in federal courts. No decision has gone the other way in that time.

THE ASSOCIATED PRESS

The judges

The three judges hearing the case are Jeffrey S. Sutton and Deborah L. Cook, both nominees of President George W. Bush, and Martha Craig Daughtrey, a pick of President Bill Clinton.

- Sutton is considered the least predictable, shocking Republicans in 2011 when he became the deciding vote that upheld President Barack Obama's landmark health-care overhaul.

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THE SEVEN LEVELS OF CONCERT HELL

My fellow concert-goers can go to hell.

Each summer I can't focus on the divine bands, the heavenly music, or the right path to the pulled-pork taco stand. Why? Because every concert is overrun with lost souls — empty husks who gorge themselves on watery beer, lurch toward the stage as if nobody else is there, and yell "Whooo!!!" for what are clearly roadies tuning the guitars.

Over the years boorish concert-goers have left me disillusioned and angry. Hell is other patrons.

Fortunately, I had a revelation recently that brought me back from the Dark Side of the Moon. Travelling over The Wall and through the Court of the Crimson King, I came upon the Divine Concert Hall, seven levels of concert-themed revenge that let me know there is Justice For All, eventually. Behold the Seven Levels of Concert Hell. (I know there are normally nine rings, but cutbacks.)

First Circle: The Sulkers. Sin: People who sit scowling, arms folded, because their boyfriend or girlfriend had the nerve



HE SAYS
John Mazerolle
metronews.ca

to grant them free admission to a concert but (sniff) they don't like the band. Punishment: Thrust onto hell's Jumbotron, where they are dumped for all eternity on the "Breakup Cam."

Second Circle: The Spillers. Sin: Concert-goers who slosh beer down your back because they bought a tray of five Coors Light for their buddies in the front row. Punishment: They can order beer, but the plastic cup has a big crack in it.

Third Circle: The Requesters. Sin: Yelling out a request repeatedly despite the band's setlist taped to the stage and a multi-million-dollar light show timed to the music. Punishment: Satan grabs their wrist and whacks their hand against their forehead, saying, "Why don't you stop hitting yourself?" for all eternity.

Fourth Circle: The Talkers. Sin: People who natter like they're providing descriptive video ("HERE THEY COME ... I LOVE THIS SONG! ... SO AWESOME!"). Punishment: Eternity as a

mime, in mime hell.

Fifth Circle: The Phoners. Sin: People who endlessly use their phone, especially for selfies while facing away from the stage. Punishment: Drowning in the shallow pool of their own ego while Satan's minions take Instagram photos tagged #YODO.

Sixth Circle: The Blockers. Sin: People who arrive late, then push to the front. Punishment: Access granted to the Pearly Gates, but St. Peter never takes their name because there's a guy in front with a girl on his shoulders.

Seventh Circle: The Singers. Sin: Concert-goers who treat your left ear like it's their shower head, belting out tunes so loud it's like you paid \$130 for a pro-am duet. Punishment: Britney Spears without autotune.

That's hell in a nutshell. And I haven't even warned you about the most ironic punishment of all: The least remorseful hell-dwellers must listen to the song *Ironie* on repeat while a person next to them says, "You know what's *really* ironic is that *Ironie* isn't even ironic!" May God (as portrayed by Alanis Morissette in *Dogma*) have mercy on your souls.

Plight of the Puffin



An Atlantic puffin checks its surrounding before ducking under the rocks to feed its chicks in a burrow on Eastern Egg Rock, a small island off the coast of Maine. ROBERT F. BUKATY/THE ASSOCIATED PRESS

Tourist help sought by scientists to stop puffin starvation

The Audubon Society wants bird lovers to contribute research to a project scientists hope will help save Atlantic puffins from starvation in Maine.

There are about 1,000 pairs of the seabirds, known for their multi-coloured beaks, in Maine.

Audubon says the number of puffin fledging chicks has declined in the last two years, possibly because their key food source, herring and hake, are leaving for cooler waters. While

the puffin enjoys healthy numbers in places such as Newfoundland, they are on the threatened species list in Maine.

Audubon maintains three webcams on Seal Island in outer Penobscot Bay, one of the key puffin habitats in Maine. Volunteers are being asked to watch the birds and answer questions about their feeding behaviour.

"(We're) hoping to advance the science as well as entertain the viewers," said Steve Kress of the Audubon Society. "There are some questions that can be better answered through lots of people viewing."

THE ASSOCIATED PRESS

The two-faced bird

Most people only know a puffin when it is "dressed up" for the breeding season and would hardly recognize it in its plainer winter garb.

- After the breeding season, the adult puffin sheds the colourful plates on its bill and around the eyes and moults the feathers on its head and neck.

- The look is so different that people once thought it was a different species.

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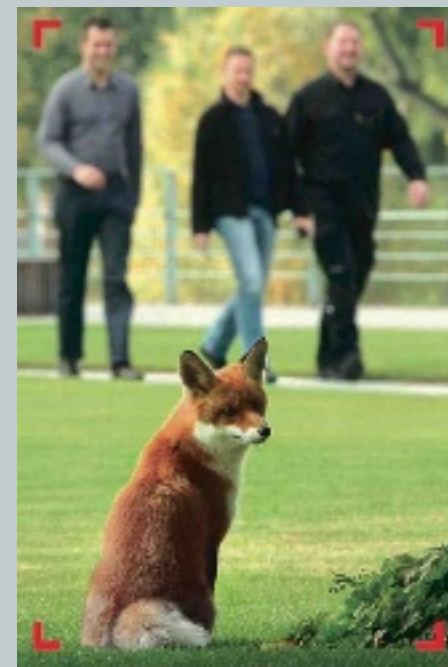


MetroTube

We still don't know what he says, but he apparently eats GoPros

REBECCA WILLIAMS
rebecca.williams@metronews.ca

From bike helmets to surfboards, the pint-sized GoPro lens seems like the go-to device for anyone wishing to capture their athletic and adventurous feats. Another feat? Managing to chow down on the camera. One little and adorable fox was brave enough to take on the challenge. And luckily for our viewing pleasure, the camera was still rolling. Not so lucky was the destroyed camera, or its owner. (TheOpenLens/YouTube)



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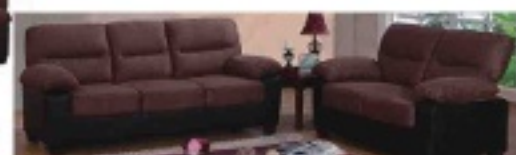
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Comedy community works hard to be part of city's cultural boom

Standup. Local comic admits the scene is limited, but a cultural boom is underway



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Greg Houston has been doing standup for less than three years but the Ottawa-based comic has already hit the ground running.

His first show — a five-minute opening slot at a charity event at The Draft Pub on the University of Ottawa campus — was in January 2012.

A couple of months later, he performed at Yuk Yuk's. And a couple of months after that came Houston's third show, which was an eye-opening experience.

"That's when I considered starting comedy, because that show was the absolute worst bomb that I have ever done on stage," he admits.

"Everything went wrong and I was just so bad that I was like, 'OK, either do this or don't do this.' That made me realize I need to go to open mics and watch as much comedy as possible and really get immersed in the scene."

So that's exactly what he did.

Houston started performing regularly (with big names like Mike MacDonald, Don Kelly, Ali Hassan and Carmen Lynch, to name a few) and now runs a monthly open mic at Mugshots and a regular independent comedy room at The Daily Grind Art Café.

Do you want to go?

- **Where to see him.** Greg Houston's next open mic night, TacoMic5, is on Tuesday, Aug. 26, at Mugshots (75 Nicholas St.). Sign-up is at 7:30 p.m. and the show starts shortly after.
- **More info.** Go to greghoustoncomedy.com

Because there are only two dedicated comedy clubs in town, local comics like Houston have to work even harder for precious stage time.

"There is very limited time in the comedy clubs. There are a lot of satellite rooms and one-off shows and a few regular open mics, but it is very tough to find stage time, especially compared to Toronto or Montreal," he says, adding that's why it's important for local comics not to squander an opportunity.

"The stage time you get here, you have to really appreciate it and work hard, because every time you're up there, it matters."

Originally from Bracebridge, Ont., Houston has called Ottawa home for the past 11 years and admits he's excited to be involved in the comedy scene here.

"I'm so stoked to be a part of the Ottawa comedy community," he says.

"Especially now where this huge culture boom is happening. I'm really trying to make comedy another factor in all that Ottawa has to offer."



Ottawa comic Greg Houston hosts a monthly open mic and a regular independent comedy room. DENNIS ELLIOTT

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Charlotte Le Bon may not cook, but she sure acts like she can

The Hundred-Foot Journey. Actress has worked in a restaurant, but prefers to be on the eating end of the table



RICHARD CROUSE
scene@metronews.ca

Charlotte Le Bon, the Paris-based, Quebec-born star of *The Hundred-Foot Journey* was in Toronto recently to do a round of interviews to promote the movie. "How's the day going for you so far?" asked your intrepid reporter.

"Amazing! I'm so happy answering the same questions over and over again. Be creative," she says with a laugh.

So the standard, "How is it working with Helen Mirren?" is off the table. Ditto questions about producers Oprah and Steven Spielberg, although later she offers up that the idea of working with those power-houses was enticing.

"When somebody calls you to say Steven Spielberg thinks you're the one, you don't go, 'I'm going to think about it, read the script a couple of times and maybe I'll call him back.' It's super overwhelming and exciting."

In the film, she plays Marguerite, sous-chef to chef Madame Mallory (Mirren) in Mallory's Michelin-starred French restaurant. When an Indian family, and their prodigiously talented chef (Manish Dayal) opens a restaurant just 100 feet across the street, rivalry and romance blossom between the two young kitchen stars.

AUGMENTED REALITY

→ Helen Mirren tries to lay down the law. Scan this photo with your Metro News app to see the clip!



→ See the full instructions on Metro's Voices page.

Have you ever worked in a restaurant?, I enquire. "You're the first journalist to ask that!" she says. "Yay! I worked in a sushi restaurant as a busgirl, just setting the tables. I realized how difficult working in a restaurant is. You have to be some kind of actor to be a good waiter because you're always doing small talk and usually you don't care about the people



Charlotte Le Bon and Helen Mirren play celebrated chefs in *The Hundred-Foot Journey*, which opens this Friday.

CONTRIBUTED

in front of you, but you have to act like you mean it.

"It's a very difficult job and when you're a chef it is over-the-top difficult. That's why you have to be a control freak or a dictator to have a good restaurant and win Michelin stars."

The 27-year-old vegetarian

says she spent time in an upscale restaurant in Paris, "to learn how to act like a chef," but don't expect to see the impressive cooking talent she displays in the movie in her own kitchen.

"I'm really lazy when it comes to food," she says. "I

have experience in food in the way that I really enjoy eating people's food," she says. "I have no skills whatsoever."

She prefers eating out because, "you don't have to do the dishes, you can choose whatever you want and you don't have to go grocery shopping."

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John Travolta ALL PHOTOS GETTY IMAGES

Travolta's private pilot planning tell-all book about 'our little secret'

A man who claims to have been John Travolta's boyfriend for six years is planning to publish a tell-all book about the relationship, the National Enquirer reports.

"I'd stay in the room next to John in luxury hotels," Greg Gotterba, who acted as Travolta's private pilot at the time, tells the tabloid. "Sometimes he'd bring women along as beads. But

he would ask me to join him in his suite and we'd spend the nights together. It was our little secret."

Gotterba says his relationship with Travolta ended shortly before the star married Kelly Preston.

"I feel sorry for Kelly. She's a lovely person," he adds. "She's in the middle of all this, and it's unfair to her."

No fourth Affleck on way, despite Garner's comfy garb

To be fair, Jennifer Garner has spent a good chunk of the last decade pregnant, so it's understandable that some tabloids would jump to the conclusion that she and Ben Affleck are expecting once again just because she was spotted wearing a number of loose-fitting tops recently. Despite claims by OK! and Star that there's a fourth Affleck child on the way, Garner's rep insists that the reports are "not true."



Jennifer Garner

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



I shoulda stuck with movies, O.C. star Barton tells U.K. paper



NED EHRBAR
Metro in Hollywood

Guys, Mischa Barton has some regrets — namely taking the role of Marissa Cooper on *The O.C.*

In hindsight, Barton tells Metro U.K. that she should "probably not" have accepted the role that made her famous.

"It's something I came so close to not doing. I had a really great thing with film. People say, be grateful for what you have, but it certainly (was) not the kind

of thing I was expecting it to be. I've kind of seen it all," she says, punctuating her statement, I can only imagine, with a weary sigh and a drag on a Gitanes.

Two more surprising details emerge from this interview: One, Barton is only 28 years old, and two, she has a tenuous grasp of the English language.

Case in point: "I just like to be seen for the hard-working actress that I am and not for a bunch of extraneous press. In general people are super-quick to harbour on the gossip stuff and less on how much work goes into it," she says. "It's really tough when you are young in this business. People blow a lot of hot air at you."

I ... OK.



Charlie Sheen

Charlie's off the market according to his new ring

Charlie Sheen's fiancée, porn star Brett Rossi, clearly likes it, because she put a ring on it.

Sources tell Radar Online that Sheen has been wearing a "man's engagement ring" at Rossi's insistence. I'm usually against male jewelry on principle, but I can understand her concern. This is Charlie Sheen, after all.

"Brett forced Charlie to wear the wedding band,

which he is wearing as an engagement ring," a source says.

"Charlie continues to hang around with other women, which infuriates Brett. It's disrespectful to their relationship, and Brett wants to make it clear that Charlie is off the market."

Whether it's to make it clear to the other women or to Sheen himself, I'm not sure.

Twitter



@ElizabethHurley

I confess I'd score a big, fat zero in any chemistry or physics test. Have agreed to sit in on my son's holiday tuition classes. Horror.



@tyrabanks

Sometimes u gotta sit back & reflect on the many great things that have come ur way. Thx @VictoriasSecret for that early career luv.



@AlbertBrooks

Just changed all my passwords to 043w590z9awo2391poiW93. Let the Russians figure that one out!

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SHOPPERS
DRUG MART



He wore an itsy bitsy teenie weenie pair of swim trunks

Significant shrinkage. Today's poolside loungers are leaving little to the imagination

RICHARD PECKETT
Metro World News

This season, the most fashionable men come in small swimwear packages. Chaps

are dropping the baggy board shorts in favour of a snugger look. British high street retailer Debenhams has seen sales of tiny trunks rise by 242 per cent — a stark contrast to the women's trend for conservative '50s-style costumes.

Clearly men are taking a tip from the 'bare it all' male celebrities like David Beckham, David Gandy, and even Giorgio Armani.

If you can't beat 'em, throw on a pair of micro swim shorts.



Dan Ward Printed Swim Shorts, \$220. MRPORTER.COM



ASOS Swim Trunks, \$19.35. ASOS.COM



Intymen Stripes Swim Bikini, \$40.96. INTYMEN.COM



Orlebar Brown Swim Shorts, \$205. MRPORTER.COM

Gold medal gear. Phelps teams with Aqua Sphere to develop suit line

Olympic swimming great Michael Phelps, on a comeback that could take him to the Rio Games, is teaming up with a swimwear manufacturer to develop a line of competitive swimming equipment.

Phelps launched his comeback in April after a 20-month retirement as a free agent after his deal with longtime sponsor Speedo expired at the end of 2013.

On Tuesday, as Phelps

geared up for Wednesday's start of the US championships in Irvine, Calif., Aqua Sphere announced that the 18-time Olympic gold medalist and coach Bob Bowman had signed on help develop new products for the company.

It currently designs and manufactures swimwear, wetsuits, eyewear, and accessories for triathletes, open-water, and fitness swimmers.

AFP



Are you prepared to make a splash in something a little less subtle? ISTOCK



Michael Phelps said he expects to be competing in a new suit made by Aqua Sphere next January. AFP / CHRISTOPHE SIMON

Trends Report

Every season inspires hair trends, from highlights to lowlights and even Splashlights, but why not take it one step further and go for a more eye-catching hair change-up? Go to Trends Report to check out how singer Kesha has been transforming her tresses all summer for some inspiration.

- **Online.** Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

A model for change

Meet Mercado.

Fashion's got a new face — a woman not afraid to break down the industry norms.

RACHEL
LEE

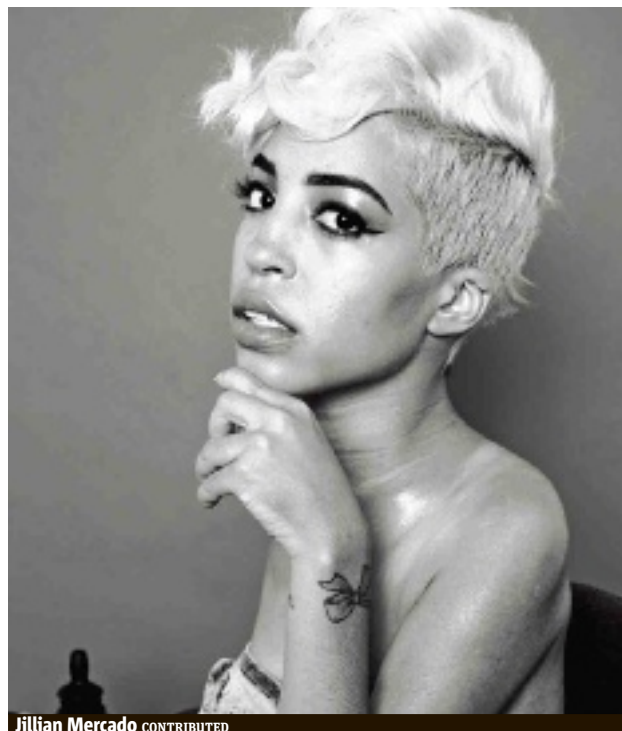
Metro World News

Fashion editor and longtime style blogger Jillian Mercado has been wheelchair-bound since she was 12, but that didn't stop her from making her foray into modelling earlier this year with a widely praised Diesel campaign.

More recently, Mercado officially signed with Red Model Management and stars in this year's Nordstrom summer catalogue. We got her take on the shifting face of fashion, and what it's like being a different type of model.

Models who don't fall into the normal type, like plus-sized, minority and disabled models like yourself have gotten more attention lately. Do you feel like the fashion industry will continue in this direction?

There's always been slight changes, but I don't think it's been full force, ever ... we've all been waiting for other people to change it, and it doesn't happen. I feel like whoever has



Jillian Mercado CONTRIBUTED

been in the spotlight for being different in the industry, we've all been sick of it, and we're forcing it to become more mainstream. Less of a "Wow" factor, just a normal thing, so hopefully down the road we can just be models and not "disabled models."

How do you feel about being

called the face of disabled modelling?

It's so weird when people say I'm the "face of," say, Nordstrom, because I usually know other people who are the "face of," and I'm like, "Oh my God, that's so cool, they're the face of," but now it's like, "Oh wow, now I'm the face of, this is weird ..." But it's awesome! I'm

Industry inspiration

"I hope that someone else gets a spark in their head and goes, 'I really wanna be a model and I'm gonna do anything possible to do it.'"

Jillian Mercado

a really determined person, and I don't want people to forget — not necessarily me, but the general idea that there needs to be more diversity in the industry. I hope that someone else gets a spark in their head and goes, "I really wanna be a model and I'm gonna do anything possible to do it." But it's really awesome, being the first, kinda.

You've held a lot of other positions in the fashion world, but is modelling ultimately what you wanted to do?

Well, it's funny because I always say it was pure luck and I just fell into it, but in the back of my mind, I've always wanted to be a model. But I guess since society really messed up our heads about what's normal or OK, I told myself that that's never gonna happen, and I was just fine with it, I guess. Until I got the opportunity, and then I was like, "No no, that is NOT OK, I should have never thought that way."

Canadian street style

Spotted in: Toronto

Name: Emma Teitel

Age: 26

Occupation: Columnist, Maclean's Magazine

What she's wearing:

Stussy hat, vintage jean jacket, Zara shirt, cheap Monday jeans, Matisse shoes, Tom Ford sunglasses, and Chanel purse.

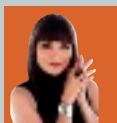
Her inspiration:

"Stylist Elise Troister, Rihanna and my Bubbie."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION, TOO!



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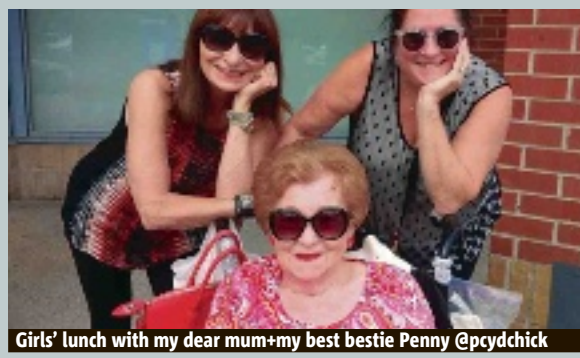


JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



Loving the new #TomThomson collection @RootsCanada!
#CanadianStyle #iconic



Girls' lunch with my dear mum+my best bestie Penny @pcydchick

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**KATHERINE
& CJ**

Location: Ottawa

Blog: ourmode.ca

FAVE TRENDS FOR SPRING/SUMMER?

We're loving the pops of colour, combined with more relaxed fits. It's summer, and people should be comfortable. A lot of the hottest styles right now are resort wear, with some added femininity for the women's styles.

WHAT IS YOUR STYLE PHILOSOPHY?

We don't just look for trends, we look for timeless, yet classic pieces that are versatile, and can be dressed up or down. We always look for the right fit, and the right cut, and build from there, with an end goal in mind of the image you're looking to portray.

ANY FASHION ADVICE?

Look at what you have currently, and ask yourself what you'd like to become. From there, invest in staple pieces, and items that can be paired with almost anything. First and foremost, don't dress for the runway, dress to feel good.

FAVE PLACES TO SHOP?

Banana Republic, Express, H&M.

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Five affordable food appliances

Whether you're living in a dorm or off-campus this year, being able to prepare your own meals is the most cost-effective — and often the tastiest — way to eat. Here's a lineup of affordable and stylish countertop appliances to get you through the school year. Bon appetit!



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Coffee maker

Single-brew coffee is easy, less messy and the coffee capsules come in a large variety of flavours. Keurig B130 DeskPro Brewing System, \$113, Amazon.ca.

Toaster oven

Heat bagels, toast or even leftover pizza for breakfast. Hamilton Beach's 2-in-1 Toaststation not only warms toast but has oven capacity, \$50, HamiltonBeach.ca



Tea kettle

With the price of this baby, you can now afford to upgrade your tea blends. Traditions 1 Litre Automatic Electric Kettle, \$12, CanadianTire.ca



Microwave oven

Warm up the leftovers you stole from home last Sunday. Danby 0.7 Cubic Feet Microwave Oven, \$60, HomeDepot.ca



Popcorn popper

Popcorn is cheap but the entertainment and snack factor is priceless. West Bend's Air Crazy Corn Popper, \$19, BedBathAndBeyond.ca

That's one smart cooker. Crock-Pot with app lets you tap in to cook dinner

Belkin and JCS have teamed up on a smartphone compatible slow cooker which can be controlled remotely from the next room, or even the next city.

Slow cooking is definitely moving back into fashion and, over the holiday season, slow cookers were one of the biggest kitchen appliance gifts, particularly in the U.S. However, while they're a great way of making the perfect stew or making the most of beans and pulses, using one can be time-consuming.

The Crock-Pot Smart Slow Cooker uses Belkin's WeMo smart power system and smart-

phone app so that you won't need to hang around in the kitchen as it comes up to pressure, as its status can be monitored and adjusted simply through swipes and taps on a handset.

As well as the smart features, the Crock-Pot also has traditional manual controls for taking a more hands-on approach and for those moments when the Wi-Fi router needs resetting and the home network goes down.

The Crock-Pot Smart Slow Cooker enabled with WeMo is available to order now in the U.S. for \$129.99. **AFP**

Remote cookery

- As well as being able to fire up the cooker and shut it down again, the app offers control over the temperature and cooking time — great if you're held up on the way home.
- You can pause the cooker and adjust it so that the cooking time coincides with turning the key in the front door.
- The temperature controls also include a warm setting so that something that was cooked the night before can be gently and automatically reheated from a distance.



The first smartphone-controlled slow cooker.
BUSINESS WIRE



Stirrup by British lighting designer Original BTC. **ORIGINAL BTC**

Stirrup lamp strikes a cord

British lighting designer Original BTC is celebrating the 20-year anniversary of its signature Stirrup lamp with two new designs.

Inspired by the searchlight on the back of a toy truck, the Stirrup collection channels industrial chic.

To mark the anniversary, the sturdy floor light has been slimmed down and the size of the wall light reduced and equipped with a more flexible suspension.

Each piece is available in polished or painted aluminium and features the brand's signature wrapped cotton cable. Both the wall and the floor light have the option of a viewfinder in frosted glass to hide the bulb from sight. **AFP**

Sustainable energy

Spray-on solar cells could be the next big thing

Generating solar power can be expensive and impractical for the average person, but a new spray-painting method that applies solar cells to almost any surface could be the next big thing in green energy.

Scientists at the University of Sheffield in the U.K. have developed perovskite solar cells using a spray-painting process, which could turn a variety of objects into energy generators.

While most solar cells are manufactured using energy-intensive materials like silicon, perovskites requires much less energy to make. **AFP**

Adaptable concept

Similar to applying paint to cars and graphic printing, the method involves spray-painting layers of the material onto a surface, meaning little material is wasted and the concept can be easily adapted to more affordable high-scale manufacturing.



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RIDEAU
CENTRE

Give poultry a hint of the exotic



This recipe serves four to six. PIERRE BEAUCHEMIN

Lychee and Lemon Grass Chicken. Using fruit to accent dishes offers a whole new taste

1. In a Dutch oven, reduce by half the wine, sake, and lemon juice with the lemongrass. Add the lychee juice. Cool.

2. Heat the butter in a heavy-bottom frying pan. Season the chicken breasts with salt and pepper. Brown them on both sides. Put them into the lychee stock. Marinate for 4 hours on the counter, so all the flavours are infused into the chicken. Add the chicken bouillon to the marinade. Heat to 194 F (90 C), cooking slowly for 20 to 25 minutes. The internal temperature should be 167 F (75 C). Re-

move the chicken breasts at this point and keep them warm. Reduce the cooking liquid by half.

3. In a saucepan, reduce the cream by half. Mix cold water with the thickener (veloutine or potato starch) in a separate bowl. Add it, a little at a time, to the cooking liquid to achieve the desired consistency (wait for the boil because the starch only begins to work at this point). Add the reduced cream and adjust the seasoning. Add the lychees and chicken breasts and heat for a few minutes to 194 F (90 C).

4. Serve with rice and sprinkle with chives.

RECIPE EXCERPTED FROM ROM BERRIES AND OTHER SMALL FRUIT BY JEAN-PAUL GRAPPE (FITZHENRY & WHITESIDE, 2014)

Ingredients

- 6 tbsp (90 ml) white wine
- 6 tbsp (90 ml) sake
- Juice of 2 lemons
- 4 stalks of lemongrass
- 1 cup (250 ml) lychee juice, fresh or unsweetened canned
- 1/2 cup (120 g) unsalted butter
- Salt and freshly ground pepper
- 4 skinless chicken breasts

- 2 chicken bouillon cubes, homemade or store-bought
- 1 1/2 cups (375 ml) heavy cream (35%)
- 2 1/2 oz (75 g) veloutine or potato starch
- 32 lychees, fresh or unsweetened canned
- 2 oz (40 g) chives, minced

Cookbook of the Week

It's berry delicious

Berries



Jean-Paul Grappe, a chef and professor since 1956, is a respected francophone culinary professional and one of the most well-known chefs in Quebec.

In his book *Berries and Other Small Fruit*, Grappe presents 60 recipes that will allow you to savour berries in ways you never imagined.

Among the dishes served up in this release are Blueberry Potato Crepes, Roasted Pork Tenderloin with Gentian Wine Sauce, Duck Montmorency with Cherry Syrup, Plum and Mascarpone Shortcakes, and more. **METRO**



BUY LOCAL

PRESERVING COMMUNITIES

Most people think of sweet berries and plump field tomatoes when considering the buy local proposition, but, in fact, the concept can be applied to just about any purchase you make.

Buying local can extend to supporting businesses and merchants in your local neighbourhood or community.

According to a 2013 Business Development Bank of Canada (BDC) study, a majority of Canadians now make an effort to buy local or Canadian-made products.

Here's why buying local benefits you — and everyone around you.

JOBS

Local businesses produce jobs for the local community. According to a Sustain Ontario document, if every household in Ontario spent \$10 on local food there would be an additional \$2.4 billion in the local economy at the end of the year and 10,000 new jobs.



SHUTTERSTOCK

FOOD SAFETY

The BDC study showed that international food safety incidents have caused concern.

"We have the best safety and traceability food systems in the world," says Brian Gilvesy, co-chair of the advisory commit-

tee, Sustain Ontario, and a cattle farmer in Norfolk County in Ontario.

HEALTH

Buying local means you are getting the freshest, best quality in-season products. Locally grown foods provide the maximum nutrients — and taste — for the dollar, says Christina Mann, Taste Real co-ordinator, County of Wellington.

ENVIRONMENT

Along with reducing carbon emissions created when food is transported long distances, "Canadian farmers are world class stewards of the land," Gilvesy says.

For example, pollination is important if you are a farmer growing food and you will make sure that the appropriate floral resources are out there in the environment for bees to survive.



SHUTTERSTOCK

Choose your style and price at Hair Junkie

Hair Junkie's considerable success is the result of a business model as unique as its founder, Fady Assaad. He began to cut hair as a high school student in Lebanon, launching a 30-year career as stylist, entrepreneur and judge for international competitions. When he opened Hair Junkie, Assaad chose to go one large step beyond the standard combination of attentive service, expert stylists and a welcoming atmosphere: He adopted a model that enables him to share his passion with customers and stylists.

The model, created by the company Summit

Salon, is relatively simple and involves a series of levels. For customers, there are multiple price levels that correspond with the stylists' experience; for stylists, there are levels of achievement based on the percentage of repeat customers they attract. The model benefits all concerned: customers choose the price they want to pay, stylists build their reputations and develop their abilities, and Assaad serves as mentor and manager, while still cutting hair one day each week. He regularly brings in top hair artists to deliver workshops for Hair Junkie staff.

"I love being able to inspire my staff to grow as individuals," says Assaad. "To be a good leader, I believe you have to be an attentive servant."

Proof of the business model's success can be found in Hair Junkie's growing number of repeat customers and remarkably low staff turnover rate.

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613-565-0123 / info@hairjunkie.ca

hairjunkie.ca

Word of mouth drives growth at Spa Junkie

Skin bar added to accommodate demand of women on the go

Thanks to a steady stream of glowing references from satisfied customers, Spa Junkie has become one of the region's top beauty bars. Located on Laurier Avenue, between Metcalfe and O'Connor, Spa Junkie specializes in esthetic services: sugaring, waxing, skin care and makeup, and has earned a reputation for exceptional brow work.

The response from customers continues to be overwhelmingly positive, and Spa Junkie proudly posts all of their reviews to its website.

Ninety-nine per cent of customers say they'd happily recommend Spa Junkie to friends and family.

To accommodate growing demand, Spa Junkie expanded its offering in February by adding a skin bar — a space dedicated to providing top-quality facials for women on the go.

"The skin bar is a natural evolution for us



CONTRIBUTED

and a perfect complement to our services," says co-owner Louise Green.

"On-the-go women love that they can get a customized, professional facial in 30 minutes for only \$45.00. Many of our customers combine their facial with other services, such as getting their eyebrows done, during their lunch hour."

Along with sister company Hair Junkie — located across the street — Spa Junkie delivers consistently expert, attentive services in a chic, welcoming atmosphere. Given the growing popularity of both businesses, it's clearly a successful business model.

The environment and your health get a boost

Exercise gets a little easier with Pedal Easy

When it came to Pedal Easy's line of electric bikes, necessity was the mother of invention. Mechanical engineer Ron Wensel had suffered a heart attack and needed to get active.

"The doctor told him he needed to get exercise for his heart, but you don't want to overdo it," says Ron's son, Claudio, the founder of Pedal Easy. "Cycling's a great activity — until you come to a really steep hill."

So Ron designed an aluminum-frame bike with an electric motor that can be engaged when needed at the push of a button, and Pedal Easy was born.

The lightweight bikes (some weigh as little as 13 kilograms) can run entirely on pedal power, zip along at up to 15 km/h without any pedalling, or a combination of both.

"It feels just like a regular bicycle, yet, when they use the motor and the battery it's a big boost, but it's a really subtle boost at the same time," Claudio says.



CONTRIBUTED

"It really feels like it's just complementing the rider."

The bikes, he adds, are a great equalizer for couples with different levels of cycling ability.

"Everyone can keep up with each other and it makes for a more enjoyable day."

SPA JUNKIE

& The Art of STRAIGHT TALK

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OUCH!

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613-808-8393

Let Savour Ottawa be your local guide

If you're interested in enjoying local food, the Savour Ottawa program, with its recognizable brand and logo, is a delicious guide.

The partnership between the City of Ottawa, Ottawa Tourism and Just Food, a not-for-profit organization, celebrates and helps identify local food at farmers' markets, in restaurants and at events where locally-grown and produced foods are featured, says Trevor Haché, Savour Ottawa co-ordinator.

One of the most important parts of the program, says Haché, is the verification process. Savour Ottawa verifiers are sent to local farms and restaurants to ensure that the food being sold is locally grown.

Savour Ottawa members include farmers, chefs and restaurants, retailers, and micro processors (for a list, visit savourottawa.ca).

'Local' means the food is produced in the city of Ottawa, its neighbouring counties and municipalities, and the Outaouais, including the city of Gatineau.

"It's really about everyone supporting each other," says Haché. "The goal is to develop and promote Ottawa and its surrounding area as a premier culinary destination with robust offer-



HARVEST TABLE: AUG 17

Savour Ottawa hosts the fourth annual Savour Ottawa Harvest Table on Sunday, Aug. 17 at noon at the Ottawa Farmers' Market in Brewer Park. The gourmet luncheon features local foods and culinary talent and will be served family-style outside, under a canopy. Tickets start at \$75 per person and are available at savourottawa.ca/events. This event always sells out, organizers say.

ings of local foods and experiences for locals and visitors."

Savour Ottawa farmers are always at local food markets including the Parkdale Market, the Ottawa Farmers' Market at Brewer Park,



Ottawa Mayor Jim Watson, Ontario Premier Kathleen Wynne and MPP Yasir Naqvi enjoy local fare at last year's Harvest Table. CONTRIBUTED

and the Byward Market where a Savour Ottawa farm stand is across from the new demo corner.

Watch for savourottawaonline.ca in August.

The site will allow users to order local, seasonal food from Savour Ottawa producers

and pick up packaged orders at the Parkdale Farmers' Market twice weekly.

"Savour Ottawa is a great way to enjoy all the great produce, cheeses and meats, and other bounty being produced by our local farmers and artisans."

Support businesses that support
local farmers & local food;
view our members at
www.SavourOttawa.ca



To verify your food is local,
look for the Savour Ottawa
logo at farmers' markets,
restaurants & retailers.



Our Harvest Table multi-course
gourmet luncheon is
Sun., Aug. 17; get tickets at
www.SavourOttawa.ca/events



Shop on-line for local food, from
producers from across the region,
all under one roof
www.SavourOttawaOnline.ca

Come to the Market

ByWard's newest feature is demo corner

Whether you're one of the thousands of people who visit ByWard Market everyday, or you haven't been by for a while, you'll want to be sure to stop by this month and check out the new demo corner, running throughout the summer and into the fall.

"It's a cool new area with a full-working kitchen, available to our businesses for food demonstrations," says Katherine Solomon, ByWard Market's marketing and communications manager. "We've featured canning demonstrations — to show people how to safely can fruits and vegetables — wine tasting and food sampling. Best of all, the food prepared is all local and available for purchase in the market." With harvest in full swing, be sure to check the events section of ByWard Market's website (byward-market.com) for demo corner updates.

Only a few steps from the political hub of the country, ByWard Market is one of Canada's oldest and largest public markets. Established in 1826 and featuring more than 500 businesses, it is Ottawa's No. 1 tourist attraction, featuring a distinctive and eclectic collection of eating and drinking establishments, food stands and a large farmers' market which fea-

BY THE NUMBERS

500+ AREA BUSINESSES ARE PART OF THE BYWARD MARKET

260 KIOSKS ROTATE THROUGHOUT THE SEASON IN THE MARKET

6.3 MILLION TOURISTS ARE EXPECTED TO VISIT THE BYWARD MARKET IN 2014

50,000 IS THE AVERAGE NUMBER OF VISITORS PER WEEKEND DURING THE SUMMER

188 IS THE NUMBER OF YEARS THE MARKET HAS BEEN OPEN, SINCE 1826

tures local fare, along with fashion and home style retailers, art galleries, boutiques, salons, and more.

"It's a one-stop shopping area within four



CONTRIBUTED PHOTOS

square blocks — from George Street to Cathcart Street and from Sussex Drive to Cumberland Street — where you'll find everything you need and want," says Solomon. "We have new stores opening on a regular basis, largely independently owned. You won't find any chain stores here. It's shopping unlike anywhere

else." That includes parking: It's easy to find a spot, with more than 3,100 spaces in multi-level garages, street lots and curb parking.

"Coming to ByWard Market is more than just a shopping trip. It's wonderful sights, smells, tastes and experiences that change throughout the day."





CONTRIBUTED IMAGES

e-Steam expands to online market

Company puts measures in place to prevent underage customers

After three successful years as Canada's premiere electronic cigarette retailer, e-Steam is taking the next big step in the largest merger in the Canadian electronic cigarette market, joining forces with online e-cigarette business giant, CapitalNicFit.

"In the past few years, the electronic cigarette market has exploded globally. It's a non-tobacco alternative for smokers, which tastes and performs like traditional cigarettes without the smoke," says Steve Moreau, chief executive officer of e-Steam Canada.

According to Moreau, it's time to take it to the next level and make e-Steam's lineup of products — Joyetech, Kanger, Vision, Innokin, V eLiquid and e-Steam itself — available across the country.

"To me, it seemed like a good proposition: To combine efforts and take e-Steam national in the shortest time frame possible," says CapitalNicFit's Shadi Chaar, now the vice president of online sales for e-Steam. "Online sales will grow the business exponentially."

For new customers, e-Steam's website will offer the same level of service and information as the retail locations, and soon videos will be available online to explain and demonstrate how to use the products. For returning e-Steam customers, it's an easy way to make purchases, especially for those who don't live close to a retail outlet.

"Customers will still collect rewards points online, just like in the retail stores," says Chaar. "And we have put strict measures in place to ensure customers who are underage will not have access to e-Steam products by making sure customers can't collect their orders without age verification."

"We've taken the largest retail electronic cigarette company on the market and merged to create the best online experience," says Moreau. "We are both extremely excited about this merger, and we're looking forward to bringing these products to customers across Canada."

ABOUT E-STEAM PRODUCTS

- Using water vapour, e-cigarettes are smokeless, virtually odourless and tobacco-free.
- They are as little as 1/10 the price of regular cigarettes.
- Order e-liquid flavours like Canadian tobacco, or combine flavours to create the taste you want.
- Geared to the smoker looking for a better alternative, nicotine can be slowly cut back until it's gone.
- Order e-Steam electronic cigarette products at esteamcanada.com.

e-Steamtm

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BEAU'S COMMITTED TO COMMUNITY

6TH ANNUAL OKTOBERFEST RUNS OCT. 3 AND 4

For the Beauchesne family, running a successful craft brewery has always been about serving customers, employees and the larger community. During its eight years in business, Beau's has donated more than \$600,000 to local charities. The company has now taken a giant step forward by becoming the first Canadian brewery to earn Benefit Corporation (B Corp) status.

Established by a non-profit organization, B Corp is a method to measure and analyze the contributions that a for-profit company makes to its employees, the community and the environment. It's a rigorous system similar to ISO, the international certification standard for quality control adopted by a range of firms around the world.

"It's incredibly exciting for us to earn B Corp certification," says co-founder Steve Beauchesne. "We're a family company that takes great pride in the community and in our beer."

That pride has helped the company create



CONTRIBUTED

some 78 different flavours of beer and earn no fewer than 67 industry awards. Despite this remarkable success, Beau's continues to honour its small-town roots. Located in Vankleek Hill

— mid-way between Ottawa and Montreal — Beau's is a prominent supporter of local arts organizations and a long list of community events: from art shows at the Shenkman Centre

HUMBLE BEGINNINGS

While sipping beer one day, Steve Beauchesne and his father, Tim, discovered that they shared a dream of running their own brewery. Two years later, they opened Beau's All Natural Brewing Company. Their first beer, Lug Tread Lagered Ale, won the best beer title at the prestigious Golden Tap Awards in 2006, and Beau's has grown every year since. The company now makes a variety of craft beer and employs more than 100 people.

in Orleans, to summer festivals and events in big cities and small towns throughout Ontario.

Another way that Beau's expresses its thanks to the community is by staging Oktoberfest each year at the Vankleek Hill fairgrounds. The weekend of craft beer, live music, fresh food and family fun features a stellar lineup of musicians — with Joel Plaskett and Tokyo Police Club headlining the event. This year, the event will be held Oct. 3 and 4.

Each year, the festival raises tens of thousands of dollars for local charities and injects hundreds of thousands of dollars into the regional economy.

BUY LOCAL BEER!



BUY YOUR BEAU'S ONLINE
HOME DELIVERY IS NOW AVAILABLE FOR \$8

VISIT WWW.BYBO.CA FOR MORE DETAILS!



CONTRIBUTED



SHUTTERSTOCK

NUTRICHEM SOURCES MANY INGREDIENTS NEAR OTTAWA

Feeling tired? Having trouble sleeping? Dealing with pain? Whatever your health needs, NutriChem can help, with custom, personalized health solutions.

"We create custom compounds using a body-balancing chemistry test, 60 biochemical markers identified through blood and urine analyses," says Kate Pollon-MacLeod, NutriChem's director of communications and human resources and front store manager. "We discover what's at the source of your health issues, then we create a custom compound to meet your needs."

NutriChem is more than a compounding pharmacy though.

"We're also a clinic and a retail store, selling custom vitamins, minerals, amino acids, protein powders and more. And we prepare custom compounds prescribed by doctors." Other products include beauty products, like Radiance anti-aging face cream, made from beech tree buds to help with cell renewal, health aids like Bug Off insect repellent, made from essential oils that are non-toxic and smell nice, and a line of NutriChem brand vitamins and supplements, made right in Ottawa.

"We source as many ingredients locally as we can," says Pollon-MacLeod. "It's important to us to strengthen our ties to our local community and support other local businesses."

Also essential is the purity of their products. "We make things that are as free from additional ingredients as possible. We keep our products pure, not just the ones we create but even the products we bring in. The 'free of' list is as important to us as the 'contains' list," she added.

NutriChem's main store is in Ottawa's west end. The new retail location and clinic is in east end of Ottawa, off St. Laurent, and this month they're celebrating their one year anniversary.

"We welcome everyone to come to our locations to discuss any health needs," says Pollon-MacLeod.

NUTRICHEM FAST FACTS

- Established in 1981, NutriChem created their first multi-vitamin formula, made without additives or flavourings, in 1986.
- NutriChem has two naturopathic doctors, two clinical pharmacists, one registered holistic nutritionist and many more talented staff members available for consultation.
- NutriChem has a compounding lab that is licensed by Health Canada and follows good manufacturing practices.

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Caroline, a NutriChem client

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Start the year right

Good habits. Before the first day of classes, spend time with your kids to prepare them for school

JACQUELINE KOVACS
For Metro

If you are the parent of a school-age child, chances are the first day back to school is akin to New Year's Day. And what's a new year without resolutions — or a new school year with some good new habits?

Here are some to consider:

1 Learn the route. “Make sure they know how to get to school, whether they walk or take the bus,” said Vancouver parenting expert Kathy Lynn. To ensure your child is comfortable and confident to get to school on their own, walk the route with them a few times, pointing out what they

should be watching for, where they will need to cross the street, and so on. Then, Lynn said, switch roles and have your child walk you to school. With older children who might be taking a bus, Lynn suggested parents take the bus with them a couple of times and then have them try on their own before the first day of school.

2 Determine the right bedtime. Take advantage of the laid-back scheduling of late summer to note how long your child sleeps before they wake up on their own. That, Lynn said, is a good indicator of how much sleep they likely need every night to be at their best. Then sit together and figure out how much time they

need to get ready and leave for school on time. Based on those two things, you can establish a good bedtime. “Get them involved in doing the math,” Lynn said. “They’ll see it isn’t just an arbitrary time and that it makes sense.”

3 Feed their heads. Eating breakfast enables kids to behave, concentrate, learn and perform in school. A recent

study by the Food Research and Action Center in Washington found, among other things, that children who don’t eat breakfast are more likely to be hyperactive, absent and tardy, as well as have more behavioural and attention problems than children who do eat breakfast. Plus, kids who arrive at school nourished make fewer mistakes and work faster in

math and number-checking tests.

4 Create a study space. Homework is far more palatable when kids have all the supplies they need in an area conducive to their learning style. And that will be different for every child, Lynn said. “Some kids really need to be in the middle of everything so they are best working at the

dining room table. Maybe they like the noise or don’t want to feel like they’re missing out on something. And when you think about it, most work-places are busy and noisy.” That said, some children really do need a calm, quiet place to work and study. Creating that space in your child’s bedroom or a low-traffic area of your home will help them succeed.



Check with your children to see what kind of space they are comfortable in when doing their homework. SHUTTERSTOCK

SCHOOL'S OUT FOR THE SUMMER!

But you can still register your child for next school year!

Il est toujours possible d'inscrire votre enfant pendant l'été pour la prochaine année scolaire!

ecolecatholique.ca 613 746-3837

Get in the mood. Take a day off for some reel fun

KEITH CARMAN
For Metro

Summer's end tends to yield different sentiments depending on which side of the school grounds one will stand. While parents revel in the return to a regular schedule, groaning children can virtually be heard nationwide. Gear up your loved ones' scholastic enthusiasm with these fun takes on the classroom.



School of Rock

In this 2003 opus, indefatigable goofball Jack Black is a starving artist posing as a substitute teacher. With music being his only skill, he quickly shoehorns a class of impressionable youth into a bona fide rock band. Extra credit: A soundtrack packed with some of the genre's most enduring artists including

Cream, The Who, Ramones, Led Zeppelin, and more will get anyone rockin' their way to homeroom.

The Breakfast Club

Sometimes, despite our greatest efforts, a day just doesn't go very well. Set in a daylong detention, five high schoolers from very different backgrounds learn to appreciate one another in this campy 1985 classic by writer/director John Hughes. Besides, who could forget the indelible ear worm that is theme song Don't You (Forget About Me) by new wave brigade Simple Minds?



become an unmistakable franchise. Set a seminary spark at home by watching the tale of two teens vying for friendship and fame in this 2006 fireball.

Ferris Bueller's Day Off

While no one would condone the actions of this 1986 film's n a m e s a k e character and his determination to skip school, he does deserve credit for resolve, especially when encountering a feisty principal, a nasty sister and a series of unfortunate — and occasionally expensive — events.



Animal House

Post-secondary education can be a tough time for youth. They are leaving the nest. Why not let the likes of John Belushi, Tim Matheson and Kevin Bacon enlighten them via this 1978 National Lampoon staple? Witness the mayhem of a raucous fraternity exacting revenge on an uptight dean as set to the backdrop of stellar '60s rock and soul.



High School Musical

Slated to film its fourth installment, High School Musical has

Hockey

Former Sens coach Paddock lands in Regina

The Regina Pats have hired NHL veteran John Paddock as the team's new head coach.

The Western Hockey League club announced on its website Wednesday that the 60-year-old from Oak Bank, Man., would also have the title of senior vice-president of hockey operations.

Paddock coached the Ottawa Senators for a season in 2007-08 as well as the Winnipeg Jets from 1991 to 1995. **THE CANADIAN PRESS**

Football

Tebow embracing TV job, but isn't giving up on NFL

Tim Tebow still wants — and trains for — another NFL opportunity.

Still, while the 26-year-old free agent quarterback waits for another chance to play professional football, he isn't about to let a potential dream job pass him by.

Tebow is embracing his latest passion: working as a football analyst for ESPN's new SEC Network, which debuts Aug. 14.

"I love doing this," an enthusiastic Tebow told The Associated Press on Wednesday. "I want to do this for a long time. I love talking football, and I love being around it."

Tebow said his agent has fielded some calls from interested NFL teams — he declined to name which teams — but added no deal is imminent.

THE ASSOCIATED PRESS

Djokovic, Monfils put on show in T.O.

Tennis. World No. 1 survives Parisian's best in wildly entertaining second-round classic

Gael Monfils is the only tennis player world No. 1 Novak Djokovic would pay to see. Now he won't have to.

Djokovic got pushed to the limit by Monfils on Wednesday afternoon before beating him 6-2, 6-7 (4), 7-6 (2) in an emotional match on centre court at Toronto's Rexall Centre in the second round at the Rogers Cup. Monfils pulled out all the stops by hitting a between-the-legs shot and throwing his racket to hit the ball, and each player tried to ignite the crowd to get louder.

"He's really fun to watch but not so much fun to play against," Djokovic said of Monfils. "He loves jumping around, sliding, he's very unpredictable. You don't know what his next move is, so that's why he's so interesting."

Monfils didn't endear himself to fans by arguing with chair umpire Gerry Armstrong after receiving a time violation, even as they were captivated by his dazzling play on the court. As a result, Djokovic had support behind him as he came back from a three-sets-to-one deficit in the third set.

After finishing off the two-hour, 40-minute classic in a lopsided tiebreak, Djokovic fist-pumped and yelled with excitement.

"In a way it was fun, of course, and entertaining to be part of this match," said



Novak Djokovic celebrates his win over Gael Monfils on Wednesday in Toronto. RONALD MARTINEZ/GETTY IMAGES



Maria Sharapova blows kisses after her 4-6, 6-3, 6-1 win over No. 27 Garbine Muguruzza of Venezuela on Wednesday in Montreal. STREETER LECKA/GETTY IMAGES

Djokovic, who will face Jo-Wilfried Tsonga in the next round. "I enjoyed it."

Monfils looked to be enjoy-

ing himself for most of the match, except for when he chided Armstrong for giving him a warning "for nothing"

AUGMENTED REALITY

→ Scan the image with your Metro News app to view a gallery of Tuesday's action at the Rogers Cup in Toronto and Montreal.

→ See the full instructions on Metro's Voices page.



when he switched his racket. The most memorable part of the match was when Monfils threw his racket and kept running without it — for "fun."

"I'm cool, but I'm fighting on every point," he said. "Maybe sometimes it looks like a bit lazy or not really focused, but it's a big mistake because I am." **THE CANADIAN PRESS**

Packers happy to have Favre in the pack



The Green Bay Packers will retire Brett Favre's legendary No. 4. MARK KONEZNY/NFLPHOTOLIBRARY

Packers general manager Ted Thompson is happy with how the team is moving forward with former quarterback Brett Favre.

Thompson said Wednesday that what Favre accomplished in Green Bay was remarkable. The Packers announced this week they would induct Favre into the team's Hall of Fame next year and retire his No. 4 jersey.

It was Thompson and coach Mike McCarthy who decided to part ways with Favre in 2008 following another round of un-

Brett returning to Wisconsin

"I'm truly honoured. It is time to come back."

Brett Favre

certainty of whether or not the quarterback would retire.

Aaron Rodgers took over after backing up Favre for three seasons and led Green Bay to a 31-25 win over the Steelers in the Super Bowl in 2011. Rodgers has been supportive of bringing Favre back.

"I think it's important to bring him back into the fold," Rodgers said Wednesday. "He's one of the greatest Packers of all-time and one of the greatest NFL players of all-time."

Thompson was with Green Bay in 1992 when former general manager Ron Wolf traded a first-round draft pick to the Atlanta Falcons to acquire Favre.

"It feels comfortable that we now have a plan and we're going to do things a certain way," Thompson said. "I think it's great to have him back."

THE ASSOCIATED PRESS

F1. Man arrested in leak of Schumacher's records found dead in Zurich cell

An air ambulance employee who was arrested in connection with the suspected theft of former Formula One champion Michael Schumacher's medical records was found dead in his cell on Wednesday, prosecutors said.

The man, whose name wasn't released, was found hanged in a Zurich police jail on Wednesday morning as officers were handing out breakfast, prosecutors said in a statement. Initial investigations indicated that no one else was involved, they said.

The air ambulance service, Rega, arranged the seven-time F1 champion's transfer in June from a hospital in France to a hospital in Lausanne, Switzerland, to continue his recovery from a Dec. 29 skiing accident.

A week later, Schumacher's manager said medical documents purported to be Schumacher's were being offered for sale to some media. Swiss

Recap

Schumacher's accident happened as he was skiing with his 14-year-old son in the French Alps. He hit the right side of his head on a rock, cracking his helmet. Doctors operated to remove blood clots from his brain, but some were left because they were too deeply embedded. Schumacher's condition stabilized after he was placed in a drug-induced coma, from which he has since emerged.

prosecutors opened an investigation into suspected violation of professional secrecy after Rega and Schumacher's family filed criminal complaints.

The investigation led prosecutors to the Rega employee, who was arrested on Tuesday.

THE ASSOCIATED PRESS

Real Madrid

Benzema's deal extended to 2019

Real Madrid says France striker Karim Benzema has agreed to extend his contract with the European champions to the end of the 2018-19 season.

Benzema joined Madrid in 2009 from French club Lyon.

He has scored 111 goals in 235 games for Madrid, helping it to win the Champions League last season along with one Spanish league and two Copa del Rey titles.

THE ASSOCIATED PRESS

The sky is the limit



"Obviously, our goal is to win a championship."

Mike Miller, who was introduced along with James Jones on Wednesday in Cleveland. The two free agents hope to help LeBron James win a title with a Cavaliers that would mean more to the superstar than any other.



Forward Sam Reinhart looks on during practice at the Team Canada national junior hockey team summer development camp practice in Brossard, Que. The new Sabres signing wants to focus on making Canada's national junior hockey team. GRAHAM HUGHES/THE CANADIAN PRESS

Reinhart sets his eyes on juniors

Focused. New Sabre not thinking of the NHL at Hockey Canada's camp

Not concerned

"It's not really on my mind right now."

Sam Reinhart about possibly missing the next world junior championship if Buffalo decides not to release him to play.

New Buffalo Sabres signing Sam Reinhart wants to focus on nothing else but making Canada's national junior hockey team.

The 18-year-old Reinhart is taking part in Canada's one-week development camp being held just outside Montreal. The squad is preparing for the 2015 world junior championship, which gets underway Dec. 26 in

Toronto and Montreal.

Reinhart joins 38 other young Canadians vying for a spot on head coach Benoit Groulx's final 22-man roster.

"I'm here this week trying to give myself the best opportunity to make the team," said Reinhart, who scored in Canada's 6-2 victory over the Czech Republic on Tuesday. The game was the first of four exhibition matches involving the Rus-

sian and Czech national junior teams.

Reinhart has hockey coursing through his veins. His father Paul played 11 National Hockey League seasons with the Atlanta/Calgary Flames and Vancouver Canucks in the 1970s and '80s. Sam's brother Max was drafted by Calgary in 2010, and his brother Griffin was chosen fourth overall by the New York Islanders in 2012.

Sam Reinhart did one better, as he was drafted second overall by the Sabres in this year's draft. Three weeks ago, Reinhart signed a three-year entry-level contract with Buffalo.

At the 2014 world junior championship in Malmö, Sweden, Reinhart scored two goals and had three assists in seven games. Canada ultimately lost 2-1 to Russia in the bronze-medal game and finished fourth at the tournament for the second year in a row.

If Reinhart plays in the upcoming tournament, he says this year is all about redemption. THE CANADIAN PRESS

Ekblad's out with a concussion

Aaron Ekblad suffered a concussion in Canada's world junior exhibition game against the Czech Republic and will miss the rest of summer development camp.

Hockey Canada said that Ekblad, the No. 1 pick in June's draft, is expected to make a "full recovery" and be ready for Florida Panthers training camp in September.

The 18-year-old defenceman was hit hard during Monday night's 6-2 win over the Czech Republic and left the game.

"We have been in communication with Team Canada and have mutually agreed to hold Aaron out for the remainder of the summer development camp, as a precautionary measure," Panthers general

manager Dale Tallon said in a statement. "We will closely monitor Aaron's health for the remainder of the off-season and expect him to be ready for our rookie camp in mid-September."

Ekblad played last season with the OHL's Barrie Colts and is considered a good bet to play in the NHL next season.

THE CANADIAN PRESS



Defenceman Aaron Ekblad
THE CANADIAN PRESS

ARCHANGEL

REAL TESTIMONIAL

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Something out of the ordinary will happen today that you will be able to take advantage of. A few days from now you will be singing your own praises!

♉ Taurus

April 21 - May 21

The planets will give you the chance to be of service to someone who does not share your strength of character. What you do for others now will, one day, come back to you.

♊ Gemini

May 22 - June 21

Today's Sun-Mercury link will do wonders for your confidence and popularity. Just remember that it's not possible to accept each and every invitation.

♋ Cancer

June 22 - July 23

Money isn't everything but it has its place in the world and with more of it you'd be able to do some of the things you have dreamed about. Use your talents in a more focused way.

♌ Leo

July 24 - Aug. 23

The planets will give a major boost to your self-belief over the next 24 hours and before the day is over you will have started something that has the potential to transform your life.

♍ Virgo

Aug. 24 - Sept. 23

Cosmic activity in Leo may at times make you doubt yourself but today you have enough mental energy to overcome that negative outlook.

♎ Libra

Sept. 24 - Oct. 23

You'll come into contact with people who share your ideals. They'll also boost your belief that you can make a difference by working with others.

♏ Scorpio

Oct. 24 - Nov. 22

A career change is likely soon. Whether it is a change you make or a change that is forced on you remains to be seen but if you do feel so inclined then make the first move.

♐ Sagittarius

Nov. 23 - Dec. 21

No matter how busy you may be you won't be satisfied until you have booked a vacation or promised friends that you'll visit them over the weekend. Travel brings out the best in you.

♑ Capricorn

Dec. 22 - Jan. 20

You have fears that can hold you back from fulfilling your potential, but today's influences will help you confront them and overcome them.

♒ Aquarius

Jan. 21 - Feb. 19

If there is someone you want to get closer to, you must let them know how you feel. On the work front, too, the more you open up to others, the more they will want to do for you.

♓ Pisces

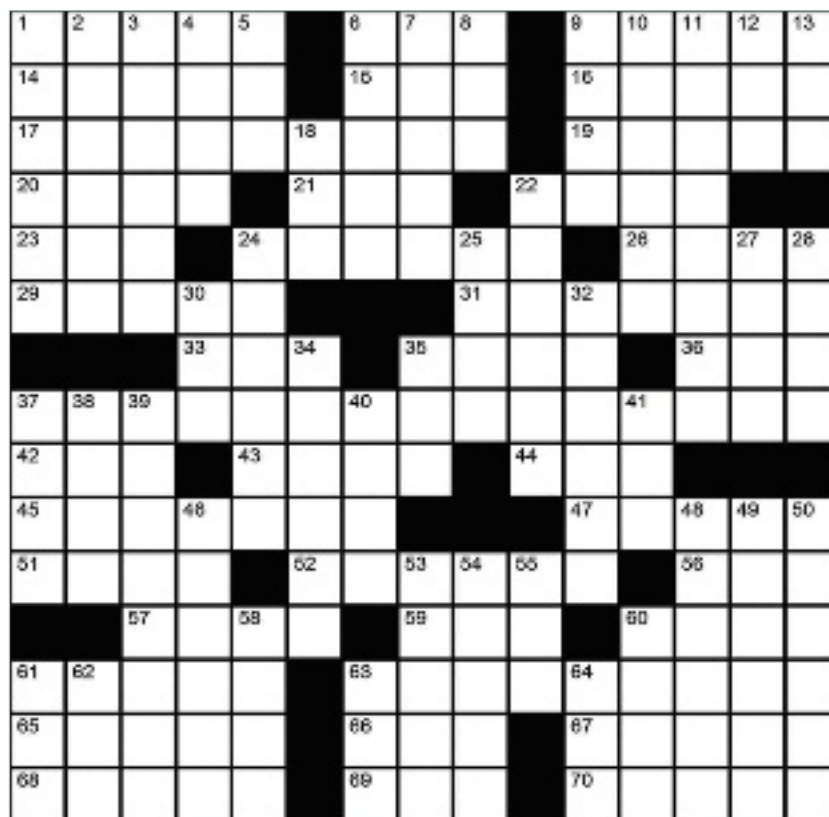
Feb. 20 - March 20

You may be the sort who spends more time dreaming than doing but today the planets will inspire you to take a more hands-on approach.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Grind to ____
6. Shopping estab.
9. Colorado resort
14. Lenny Kravitz's alias in his early career, ____ Blue
15. Yes: French
16. Depart
17. Celebrity chef offerings
19. ____ fork
20. Toronto's University and Danforth, e.g.
21. Communication syst.
22. ____-neck sweater
23. Bird bill
24. "Every ____ You Take" by The Police
26. Verdi opera
29. Movie category
31. Nice money amount: 2 wds.
33. Alien sitcom
35. Gomer ____ (Jim Nabors role)
36. Inventor Mr. Whitney
37. "Electric Pow Wow Drum" DJ crew from Ottawa: 4 wds.
42. Baby for Kanga
43. Viva voce
44. Letters for T-shirt sizes
45. ____ of Parliament
47. Ex-Montreal baseball team
51. Parkway, for one
52. PEI part
56. Compass pt.
57. Scandinavian rugs
59. Record co.



60. Wholly ____ part
61. Warship-related
63. Joey ____, New-foundland's first provincial Premier, in 1949
65. Laud
66. Apple devices platform

67. ____ Bay, Newfoundland
 68. "This is ____ sudden!"
 69. Medical pros
 70. Canadian guitarist Mr. Cook
- Down**
1. Denys ____ (Canadian

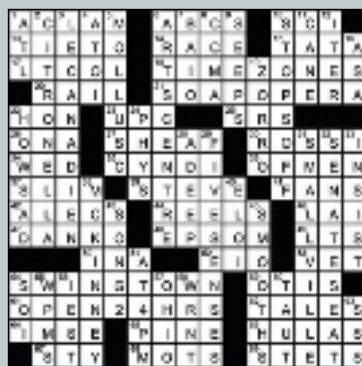
- movie director)
2. Vacuum cleaner company
3. Particular protozoan
4. Monetary units in Albania
5. From A ____ (Step-by-step)

6. Archie Comics character
7. "____, Fran and Ollie" (Classic puppet TV show)
8. Poetic contraction
9. And
10. St. Lawrence ____
11. 100th Anniver-

sary! Calgary luxury hotel which opened in 1914: The Fairmont

12. Ms. Longoria
13. Mr. Beatty
18. Paddle
22. Pops in the freezer for a bit
24. Rocky ____ (Sylvester Stallone role)
25. Texter's sign-off
27. Mr. Hill of "The West Wing"
28. During
30. Spring month in Montreal
32. Considered
34. "____ Bueller's Day Off" (1986)
35. Chum
37. Son of folk legend Woody
38. Work hard
39. City in Quebec
40. Islets
41. Gladiator's 560
46. Lorde song
48. Eva and Juan in "Evita" (1996)
49. Kitchen's tears inducers
50. E-Mail getter, say
53. Squeezed fruit
54. Gather
55. Naught
58. Choir voice
60. "____ is me." (Sniff, sniff)
61. PBS funding org.
62. GNR's Mr. Rose
63. Gentleman's title
64. President after JFK

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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